

Artificial (chemical) Food Dyes

In Your Food and Cosmetics

History of dyes

In the late 1800s, some manufacturers colored products with metal-based compounds and potentially poisonous minerals. Toxic chemicals tinted candies and pickles, while other color additives contained arsenic or similar poisons. Historical records show that injuries and deaths resulted from these tainted dye products. Food producers also deceived customers by employing color additives to mask poor product quality or spoiled stock.

Studies indicating the possible dangers of our current day food dyes became public knowledge in the 70's, only to have manufacturers and consumers fight to keep them in our food because people believed they enhanced the flavor of the food. For instance, yellow dyed butter and cheese were believed to taste better than the natural white colored products. This encouraged manufacturers to fight for keeping them as well. The colors not only helped sell products, but they extended shelf life, by covering up the spoiled areas in foods that were going bad, such as in meats. They are found they helped sell fruits picked before they are ripe, to fool consumers into believing they were ripe when picked. Examples of these are red delicious apples, strawberries, and broccoli. Although these dyes are made from petroleum (crude oil), just like gasoline, Red 40, Blue 1, and Yellow 5 and 6 food dyes are all considered generally safe by the FDA. However, most of the other industrialized countries choose not to allow them in their foods.

Although natural food coloring agents were safe, and the first used, the chemical food dyes were found to be easier to make, cheaper, they mix well with foods, create more controlled colors, and don't alter the flavor of foods.

What do other countries think about chemical food dyes

Great Britain did a 4 week study involving 277 normal three year-old children, to find the effects chemical food dyes and the preservative sodium benzoate, would have on preschool children. Much to their surprise, the researchers found that even a modest amount of food additives had a profound effect on the children's behavior. Although none of these children were considered to be hyperactive, ADD, ADHD, or PDD before the study, during the test period when they consumed drinks with these food dyes and sodium benzoate, nearly one child in four clearly showed *disturbed* behavior.

For two weeks the children drank fruit juice that did not contain additives, and during the other two weeks their juice looked the same, but contained a blend of four food dyes and the preservative sodium benzoate. The parents were not aware of when the children received the plain juice and when their juice was laced with additives. During the "challenge period" (when the children consumed the chemicals) parents reported these reactions: disturbing others, difficulty settling down to sleep, poor concentration and temper tantrums.

The amount of dye used, 20 milligrams, is very small considering the number of brightly colored foods children typically consume today, particularly in the United States. To give you an idea of what twenty mg. of dye equals, it's about the amount you would find in two teaspoons of colored frosting, not even enough to cover a cupcake. A child attending a birthday party, consuming dyes in the cake, ice cream, drinks, and candy can easily ingest as much as 600 milligrams.

On a daily basis, the average American child is estimated to ingest ten times the amount of food dyes and preservatives used in the British study. Besides sweets, children are exposed to these petroleum-based products in their toothpaste, vitamins, cereals, "fruit" juices, and medicines. As a result of this study, the British Food Commission, an independent watchdog, is demanding that those additives be removed from food and drinks designed for children. They estimate that the elimination of the troublesome additives would significantly reduce the number of children who are diagnosed as hyperactive.

The FDA does not require food additives, including dyes, to be tested to determine if they affect behavior. Independent studies however, have shown they are responsible for behavior problems as well as an assortment of serious health problems.

When the American Academy of Pediatrics studied the damaging effects of "inactive" ingredients - the dyes used in drugs and thought to have no effect - they found these additives are far from "inactive."

For more information on dyes and their effects, see: www.feingold.org.

Jane Hersey is the National Director of the Feingold Association and the author of the book "Why Can't My Child Behave?"

Red #40

This dye can be found in most packaged foods, whether bottled, canned, boxed or frozen. Including popsicles, ice cream, chips, kid's drinks and cereals, salad dressing, cherries, and strawberries. It is also sprayed on red delicious apples, red potatoes and fresh strawberries to give them a more appealing color. It can be found in lotions, shampoos, hair conditioner, shaving cream, soap and even medicine. It is usually in anything that is red, pink, purple, blue, burgundy or orange. Even in foods that are naturally this color, it is often added to "enhance" the color.

Red 40 dye was found to cause DNA damage, physical toxicity, contributing to breast cancer and damage to the reproductive systems of test animals. Areas and symptoms in the body that appear to improve when red dye is neutralized in the body, include: Anormal cell growth or mutation in any area of the body, brain, bone, pancreas tail, prostate, esophagus, thymus, and pituitary gland. Dr. Feingold found, through his own research, that this particular food dye is linked to marked hyperactivity, anger, rage, irritability, memory disturbances, as well as sudden, violent behaviors, in sensitive children and adults.

Blue #1

Found in packaged foods, whether bottled, canned, boxed or frozen, that are colored or have the color blue, purple, burgundy, or green in or on them. These include popsicles, ice cream, chips, drinks, cereals, candy, salad dressing, cherries, strawberries, on red apples, and red potatoes. It can also be found in lotions, shampoos, hair conditioner, shaving cream, and soap. In some foods, like blue berries, strawberries, and red delicious apples, it may be used to "enhance" the color already present.

Areas and symptoms in the body that appear to improve when blue dye is neutralized in the body, include: T-cells, macrophages, white blood cells, illnesses involving the spleen, enlarged lymph nodes, weak veins, polyps on the brain, polyps on the spleen, some tumors, chronic TMJ, chronically high triglyceride count, skin problems, weak immunity, abnormal cell growth anywhere in the body.

Yellow #5

This food dye can be found in food products that are green, yellow, orange or brown, such as pickles, chips, drinks, ice cream, etc. Medicines; Hepatitis B vaccine; Soap, lotion, or hair care products also contain it.

Areas and/or symptoms in the body that may respond favorably when yellow dye is neutralized, include: Yellow dye led to migraine headaches, suppression of the immune system, abdominal pain, asthma, eczema and cancer. Also, unexplained, occasional loss of balance; abnormal cell growth of the liver; other signs of liver weakness; abnormal cell growth in the prostate, uterus, vagina, cervix; intestinal problems or abnormalities; blood sugar imbalances; improper filtering of toxins from the blood stream; bone marrow weakness or imbalance; abnormal T-cell or white cell production.

What does kinesiology indicates as a problem with food dyes

When a person swallows a food that contains any of the following food dyes: Red #40, blue #1, yellow #5 or #6, and kinesiology is used to monitor the reaction on the nervous and electrical responses of the body, it indicates there is an abnormal state of excitement, or vibration, that develops in a variety of organs and glands, a vibration indicating spasm or panic. This vibration is similar to that found in diseased tissue. It is feared that this reaction may encourage a more rapid growth of this type of tissue in the body. How long does it takes to normalize again? Approximately two to four days for these vibrations to return to normal in the average person.